



Spring Edition 2017

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MOODZONE

Mood self-assessment

CHECK YOUR MOOD

We all expect to get a cold or sore throat from time to time but when it comes to the way we feel emotionally, it can be hard to recognise or admit that we're not feeling 100%.

This questionnaire is designed to recommend some excellent resources to help you better understand how you feel. You should answer based on how you've been feeling over the last two weeks.

You may find that your mood usually goes both up and down, so use this questionnaire to monitor it over time but remember, it is not intended to replace a consultation with a GP if you are struggling.

[Start](#)

How to deal with stress

Stress causes physical changes in the body designed to help you take on threats or difficulties.

You may notice that your heart pounds, your breathing quickens, your muscles tense and you start to sweat.

This is sometimes known as the 'fight or flight' response.

Once the threat or difficulty passes, these physical effects usually fade. But if you're constantly stressed, your body stays in a state of high alert and you may develop stress-related symptoms.

How to tackle stress

You can't always prevent stress, but there are lots of things you can do to manage stress better.

For more information click on the links at NHS Choices.

MOODZONE

NHS Choices links

[Tackling financial worries](#)

[Tips for coping with depression](#)

[Coping with exam stress](#)

MOODZONE - How to deal with stress



Active Ageing

Older adults aged 65 or older, who are generally fit and have no health conditions that limit their mobility, should try to be active daily and should do:

- At least 150 minutes of moderate aerobic activity such as cycling or walking every week **and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

Or

- 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week **and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

Or

- A mix of moderate and vigorous aerobic activity every week eg. two 30-minute runs, plus 30 minutes of fast walking, equates to 150 minutes of moderate aerobic activity **and**
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms).

A rule of thumb is that one minute of vigorous activity provides the same health benefits as two minutes of moderate activity.

You should also try to break up long periods of sitting with light activity, as **sedentary behaviour** is now considered an independent risk factor for ill health, no matter how much exercise you do. Find out why sitting is bad for your health.

Older adults at risk of falls, such as people with weak legs, poor balance and some medical conditions, should do exercises to improve balance and co-ordination on at least two days a week. Examples include yoga, tai chi, dancing or one of our strength and balance classes.



Active Ageing Programme



Over 60? Get active, stay young with our Active Ageing Programme
At Aids Leisure Centre, Corbier Leisure Centre and Portlaffery Sports Centre

Being physically active on a regular basis is one of the healthiest things you can do for yourself. Over 12,500 people aged 65+ took part in the Active Ageing Programme from October to December 2016. Why not join the movement!

For further details about the Active Ageing Programme please contact:

www.setrust.hscni.net/healthyliving/2824.htm

SHIP

(Self-Harm Intervention Programme)

The **SHIP** is a province wide service which started in October 2015. In the South Eastern HSC Trust area the programme is co-ordinated by New Life Counselling. It offers two separate services:

1. Self-Harm Support Service

Who can benefit?

- Anyone over the age of 11 years old who is self-harming.

What support is offered?

- Five sessions of one to one support which is then reviewed if further support is needed.

How do you get referred in?

- GP who may refer onward
- Mental Health Assessment Centre
- Health and Wellbeing Hub
- Family support service.

Who can benefit?

- Anyone who is living with someone who is self-harming.

2. Family Support Service

What support is offered?

- A 1 hour long family support session.

How do you get referred in?

- Referral through GP's
- Self-referral.

For both services clients can be seen locally.

Walk Wednesday



Do you walk regularly on your lunch break?

Would you like to walk with others to improve your health?

After some positive staff feedback received from the recently organised lunch time walks, why not join a walking group on your lunchbreak each Wednesday?

Staff will meet at the locations below and follow an agreed route of your choice:

Lagan Valley Hospital
Meet at main entrance.

Ards Hospital
Meet at the Gate Lodge Café.

Downe Hospital
Meet at main entrance.

Ulster Hospital
Meet at Trust HQ.

Bangor Hospital
Meet at main entrance.



Benefits of walking:

- Walking strengthens your heart
- Walking lowers disease risk
- Walking helps you lose weight
- Walking prevents dementia
- Walking tones up legs, bums and tums
- Walking boosts vitamin D
- Walking gives you energy and is more enjoyable with others.

Starts at 1.00pm and lasts for approximately 30 minutes.

If you can't make one of the organised group walks why not organise your own within your department, team or office.

If you already walk on your lunch break and are willing for others to attend please let me know and I can pass the information on to other staff who may be interested.

For information and further details please contact:

email: brien.frazer@setrust.hscni.net

Tel: **07715 807 198**

CARING COMMUNITIES



SAFE & WELL

Offers people aged 65 years and over in Ards, North
Down, Lisburn and Down the opportunity to:-



Meet new people



Get out and about



Keep active and healthy



Have safe and secure homes



Access information and advice.

To hear more give us a call

(028) 9756 6934



Monday - Friday 9.00am - 5.00pm



or email

safeandwell@setrust.hscni.net



South Eastern Health
and Social Care Trust



Health Development
Department

CARING COMMUNITIES



SAFE & WELL

Volunteer Befriending

‘Make someone’s day a little less lonely.’

The South Eastern HSC Trust are now recruiting Volunteer Befrienders for their new Caring Communities Safe & Well service in Lisburn, Down and North Down and Ards.

If you have some spare time and would like to befriend an older person in your area who is lonely or socially isolated then please get in touch.

To hear more give us a call

(028) 9756 6934



Monday - Friday 9.00am - 5.00pm



or email

safeandwell@setrust.hscni.net



MAKING LIFE BETTER



Health and Social
Care Board



Public Health
Agency

The truth behind burnt toast...



The media recently reported on advice from the Food Standards Agency to avoid burnt toast - but do we need to start banning our toasters just yet?

This information focused on a substance called acrylamide.

What is acrylamide?

Acrylamide is a chemical that naturally occurs during the cooking process when starchy foods like bread, root vegetables or potatoes are cooked at high temperatures for example during baking or frying. This reaction gives food flavour and colour but it also produces acrylamide. More acrylamide is formed when food is cooked for longer and at higher temperatures than during shorter cooking times and lower temperatures. Acrylamide is not something that is deliberately added into foods therefore we can't remove it completely from our diets. Along with potatoes, (including chips), toast and root vegetables, acrylamide can be found in crisps, cakes, biscuits and coffee.



Food is not the only source of acrylamide, it can be found as polyacrylamide in the production of paper and dyes. It is also found in cigarette smoke; in fact if you smoke you are exposed to higher levels than we receive from the food that we eat.

What could acrylamide do in our bodies?

Studies in animals show that acrylamide in their diets caused cancer. However studies in humans are not conclusive. But scientists feel it would be wise if we tried to reduce our intake of acrylamide.



What can we do to minimise risk?

The good news is we don't need to stop eating certain foods but the Food Standards Agency suggests we can make changes to minimise any potential risk.

1. **'Go for Gold'**. When frying, baking, roasting or toasting foods aim for a golden yellow or lighter colour for:
 - Toasted bread
 - Roast potatoes
 - Chips
 - Roasted root vegetables eg. carrots and parsnips.



Boiling, microwaving and steaming are cooking methods which result in less acrylamide.

2. **Check the pack.** Always follow the manufacturer's instructions for roasting or frying pre-packed foods such as roast potatoes, potato wedges and chips. This will ensure the food is not under or over cooked.

3. **Don't keep raw potatoes in the fridge.** Raw potatoes should be stored ideally in a cold dark place above 6°C. If potatoes are being used for frying, baking or roasting then keeping them in the fridge can result in more acrylamide being produced when they are cooked.



4. **Eat a balanced diet.** It is important to eat a balanced diet to provide our bodies with all the energy, vitamins and minerals that we need. Even though they could contribute to acrylamide intake, foods like potatoes and bread are important to include in our diet. Wholegrain bread and potatoes with skins on are good sources of fibre in our diets. A healthy diet can protect against some forms of cancer, whereas foods like fried chips, crisps, biscuits and cake are higher in fat so try to reduce the amount of these that you eat.

What would a healthy lower acrylamide one day menu look like?

Meal	Lower acrylamide suggestions
Breakfast	2 slices of wholemeal toast (lightly toasted) with a small amount of low fat (eg. olive oil based) spread and poached eggs or tomato or avocado or banana.
Lunch	Vegetable and lentil soup with a wholegrain roll.
Evening meal	Baked salmon, boiled potatoes and steamed broccoli.
Snacks (if needed)	Yogurt or fruit eg. 1 apple or handful of grapes or 2 kiwis. Aim to eat 5 portions of fruit and vegetables throughout the day with meals or as snacks.
Drinks throughout the day	Aim to drink at least 6 - 8 glasses of fluids (tea/milk/water/coffee)



Sources

- www.food.gov.uk/science/acrylamide-0
- www.nidirect.gov.uk/articles/storing-food-safely-potatoes
- www.food.gov.uk/sites/default/files/csa-acrylamide-report.PDF
- www.food.gov.uk/news-updates/news/2017/15890/reduce-acrylamide-consumption



For further information please contact:

Fiona Armstrong
Community Dietitian

training.dietitians@setrust.hscni.net

S.M.A.R.T. Workshop

(Stress Managing and Resilience Training)

Life today has so many added pressures. Strains at work along with demands from our personal life can add to these pressures. To support staff the Trust provides a day's training to help strengthen/build personal resilience to prevent/better manage work or personal stress. S.M.A.R.T. workshops are targeted at all staff who would benefit from building skills to:

- Recognize excessive stress
- Expand your understanding of resilience
- Identify some of the key factors that support resilience:
 - Resilient thinking skills
 - Use of positive supports
 - Personal toolkit for self-care
 - Inform you of the range of additional support that is available.

The workshop will give you time out from everyday pressures and explore what may work for you.

From the evaluations over 80% of staff attending S.M.A.R.T. have shown a positive improvement in their perceived stress scores 3 months after attending the training.

To date over 400 staff have attended the S.M.A.R.T. workshop and feedback has been extremely positive. What people have said about the training:

- ***“This training was the best training I’ve received to date in the Trust”***
- ***“Fantastic that the Trust is supporting staff through S.M.A.R.T. training”***
- ***“Very enjoyable course - much needed!”***
- ***“Feel uplifted and positive...thank you so much”***
- ***“Very beneficial and I appreciate the Trust investing in staff wellbeing”***
- ***“Felt like you cared about how we felt”.***

Places can be booked on **LSO**. This can be found on the **iConnect** homepage under the **HRPTS** Quick link. Upcoming workshop is on:

23 June	Boardroom	Lagan Valley Hospital
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For further information contact:

email: ed.sipler@setrust.hscni.net

‘Skin creams containing paraffin linked to fire deaths’...



Warning
Fire risk

This BBC 5 Live story by Adrian Goldberg and Ben Robinson on 19 March 2017 highlights that skin creams containing paraffin have been linked to dozens of fire deaths across England.

The report states that:

‘The products for conditions like eczema and psoriasis can leave people at risk of setting themselves ablaze. If people use the creams regularly but do not often change clothes or bedding, paraffin residue can soak into the fabric, making it flammable’.

The medicines regulator has updated its guidance and says all creams containing paraffin should carry a warning. Despite warnings going back more than 10 years, BBC Radio 5 Live Investigates has discovered there have been 37 deaths in England since 2010 linked to the creams.

Several fatal cases were outlined as part of the BBC online article on the subject which states that:

‘Until recently, the Medicines and Healthcare Products Regulatory Agency only asked that a flammability warning be put on packaging if a cream contained more than 50% paraffin. The agency is now urging manufacturers to add a warning to the packaging of skin creams containing any paraffin’.

Since being alerted to BBC 5 Live’s findings, the organisation representing manufacturers of branded over-the-counter medicines has said it will explore whether all paraffin-based creams should carry a warning as standard.

John Smith, Chief Executive of the Proprietary Association of Great Britain said:

“Some manufacturers had already taken that step”.

For the full story on this report look online:

www.bbc.co.uk/news/uk-39317253





'Green prescription' Scheme shows success at Portmore Lough

An innovative wellbeing project at a local nature reserve has helped improve participants' mental health, results have revealed.

The **Head to Nature Project** was a 12 week pilot project organised by RSPB Northern Ireland in partnership with the South Eastern HSC Trust, Derriaghy Social and Educational Centre supported by the Public Health Agency.

The project saw eight service users voluntarily attend Portmore Lough Nature Reserve near Aghalee to carry out nature-related activities like guided walks, wildlife photography and practical conservation work on the reserve. The participants all suffered from mild mental health problems like depression and anxiety.

The World Health Organisation estimates that depression and depression-related illness will become the greatest source of ill health by 2020. However in Northern Ireland there has been a lack of research looking at the mental health benefits of exposure to nature.

Participants in the Portmore Lough project were asked to fill out questionnaires at the beginning and end of the scheme and their answers were marked against the Warwick Edinburgh Mental Wellbeing Scale.

The mean score in Week 1 was 36.25 - classed as 'below average' wellbeing. But by Week 12 the mean score had risen to 49.37 which is classed as 'average' wellbeing, showing that the Head to Nature Scheme had a positive impact on the participants. There was also an impressive 100% participant retention rate throughout the project. In comparison, only around 1 in 8 people referred to gym programmes by their GP complete the course.

Last month a thank you event was held for the service users at RSPB NI's Belfast Window on Wildlife Reserve and the group remaining are planning to volunteer for the charity's Corncrake Project on Rathlin Island.

Going forward, RSPB NI and South Eastern HSC Trust hope to build upon what was learned from this pilot and roll out similar projects. Sean Woods, RSPB NI, commented:

"The Head to Nature project exceeded everyone's expectations and it's clear to see that the participants wellbeing significantly improved over the 12 weeks. Not many health interventions improve mood and clarity of thinking, have no known side effects and are free! The project demonstrated that nature can do all this. It has been a joy to work with the group. We look forward to building on this momentum and continuing to champion the benefits of nature for wellbeing"

Find out more about the therapeutic benefits of gardens and health:

kingsfund.org.uk/publications/gardens-and-health

Noelle Hollywood
CHDP
Stewartstown Road Health Centre

Joanne McGoldrick
Derriaghy Arts and Health Development Social and Education Centre

Sean Woods
RSPB NI

Health Development & Libraries NI hold a Health and Wellbeing Event



Friday 13 January 2017 was a lucky day for some who attended the Health and Wellbeing event in Lisburn Library. The event organised as a result of partnership working between Health Development and Libraries NI staff was held from 11.00am to 3.00pm on all three floors of the library building.

Following on from the success of the annual **'Teenage Kicks'** event that successfully targets school aged students, this event was aimed at the general public and offered a range of taster sessions from some health screenings and physical activity to pampering.

The Health Development stand displayed information on a range of health issues and was accompanied on the day by staff from Caring Communities Safe and Well and the Trust Volunteering Programme.

All in all the event was considered to have been very successful with the Mayor of Lisburn and the Mayoress popping in for a time.

For more information please contact:

Caroline McGrath
Community Health Development Practitioner

Tel: **07834 929 105**

Walk Leader Network Event

A total of 39 walk leaders/assistants from across Rural and Urban Lisburn recently attended a Network Event in Maghaberry Community Centre organised by Wendy McDowell and Caroline McGrath, Community Health Development Practitioners.

The event gave the opportunity for walk leaders to discuss any issues, and for Wendy and Caroline to highlight areas such as risk assessment and essential paperwork which must be completed in line with Walking for Health standards.

Walk leaders/assistants representing The Beeches Resource Centre, Moira Friendship Group, Drumlough, Drumbeg WI, Glenavy Open Door, Maze PC, Halftown, Lisburn Sure Start, Glenclaire and Brookmount Walking Groups gave a summary of their walking group/walking programme which was a great chance for sharing suitable local walking routes.

It was especially good to have our newly trained walk leader assistants along with two trained staff members from the Beeches Resource Centre, Aghalee and share in their motivation and enthusiasm in leading health walks.

A light lunch was provided, with a networking opportunity to share tips and ideas at the end of the morning. Further information available from:

Health Development Department
Tel: **(028) 9250 1373**



Walking in Colin Glen Forest Park



Colin Walking Group met at Colin Glen Forest Park with 8 participants aged 3 years to 60+ years. This was an intergenerational walk with parents, grandparents and young children who followed the Gruffalo Trail through the forest enjoying the pleasures of nature and each other's company.

People loved the walk and the different paths each which led to a beautiful discovery of a variety flowers, trees and plants. This is a simple natural environment that is enjoyed by locals and people from far and wide who bring children to visit the Gruffalo Trail and at the same time learn about local the countryside in the middle of their busy community.

Participants felt energised after the walk, and had tea in the coffee shop afterwards. Each participant received a Walking For Health bag to carry their water and fruit. The walk happens the last Thursday of the month, and will start again in February. Further information from Maureen Bruce, Community Health Development Practitioner

or
Isabel Flood
(028) 9062 7863

Colin Walking Group meet the last Thursday of each month.



SMOKE FREE

It's hard to believe a year has passed since the launch of 'Smokefree' Health and Social Care sites throughout Northern Ireland.

Although there is still work to be done, we have made progress in trying to keep hospitals and healthcare facilities free from smoke in an effort to look after the health of staff patients and visitors.

We are delighted that the Stop Smoking Service has had a fantastic year and has helped many staff and clients kick the smoking habit. To celebrate this year's No Smoking Day we asked a member of staff about his experience of quitting and he was delighted to tell us how he has managed it.

We first met Ian at a Carbon Monoxide testing session at the Ulster Hospital last October . He told us about previous quit attempts and how he would love to stop smoking for good. Although he had never smoked during working hours, the implementation of 'Smokefree' had given him a little bit of a spur on to try again.



Shirley McClelland, Stop Smoking Team, Ian Kidd, Patient Experience, Roisin Upritchard, Patient Experience Manager and Jayne Savage, Stop Smoking Team.

Ian used Nicotine Replacement Therapy and has now been quit for 8 weeks. He feels so much better already and has now also realised how much money he was spending on cigarettes which can now go towards the holiday of a lifetime later this year.

Ian was ready to make the change and with support from the Stop Smoking Team and friends and family he has achieved his aim of becoming 'Smokefree'.

**For help to quit contact the Stop Smoking Team
Downe and Lagan Valley Hospital Tel: (028) 9250 1383
Ulster, Bangor and Ards Hospital (028) 9151 1134
or visit: www.want2stop.info**



No Smoking Day

Wednesday 8 March 2017 was No Smoking Day.

The Health Development Team held an event in Bow Street Mall, Lisburn in partnership with Cancer Focus NI, South Eastern HSC Trust, Boots, Resurgam Trust and SE Connections Team.

Health checks, carbon monoxide readings and information about stopping smoking were on offer.

Smoke-free Homes

The Smoking Cessation Team are involved in the Smoke-free Homes Initiative. This was piloted in Colin and various events and training sessions within the area led to a number of homes becoming Smoke-free.

Secondhand smoke is the combination of mainstream smoke and side stream smoke which is given off by a burning tip of a cigarette, cigar, or burning pipe.

Exposure to second-hand smoke leads to stroke, respiratory illness and heart attack within the adult population with the elderly being particularly vulnerable.

Children and young people are incredibly susceptible to the effects of the second-hand smoke, causing glue ear, asthma exacerbation and increase in Sudden Unexplained Death in infancy.

If pregnant women are exposed to it, then this can lead to low birth weight babies. Being born with a low birth weight can have a long term impact on health.

For those who did not feel the time was right for them to stop smoking, people were encouraged to make a healthy change within their own environments by nobody smoking within their homes and ashtrays etc. being removed from the living space.

Household pets are also at risk of leukaemia and oral cancer from second-hand smoke.

There is no safe level of exposure of second hand smoke, so one positive thing to do to reduce harmful exposure is to stop smoking.

A great benefit from previous studies is that people who made their homes smoke-free, tended to smoke less and some eventually quit smoking.

The message remains particularly pertinent to [Choose a Smoke-free home today.](#)



Claire Black (Smoking Cessation Coordinator), Lisa Harper & Cathy Bell, Health Improvement Midwives At an event in the Dairy farm shopping centre in Colin.



For further information contact:

Lisa Harper
Health Improvement Midwife
South Eastern HSC Trust
Tel: **(028) 9250 1376**

Cathy Bell
Health Improvement Midwife
South Eastern HSC Trust
Tel: **07715 044 886**

The Early Intervention Transitions Support Programme Networking Event

As people will be aware the Trust is the lead and accountable body for the Northern Ireland Executive Office Social Investment Fund scheme that is helping to support children and young people with their families make the transition into primary and post primary schools.

The scheme has been operational for over a year and during that time has helped over 2,000 parents and children in the Trust area through the delivery of Incredible Years, Mentoring for Achievement and Partnership with Parents courses.



Pauline and Lisa from YMCA, with Colin Neighbourhood Partnership in the background

To help the Trust and practioners reflect on practice and to take stock of what has been achieved, a Networking event was held in December 2016. The primary purpose of the event was to bring all practioners who deliver the three interventions together to network and share practice. In addition, it was hoped that staff would be able to meet others who are undertaking the same role, to renew relationships and forge new friendships. It was also a means of saying thank you to staff who have been delivering the scheme for a year and this was achieved through the informal format of events, a good lunch and the free raffle at the end of the event.

In addition to practioners, managers and administration/finance staff were also invited, in recognition of the important role that they have in supporting front line delivery.

The day began with initial input from the organisations/individuals that provided the training for the three interventions. This was valuable, to be able to reinforce practice and to remind people of the support that is still out there to help them.

This was followed by some input from practioners on what it is like to work on the interventions and what that means in practical terms. There were a couple of short videos, developed by YMCA staff that work on MAP and PwP, which were very powerful.

Following this, attendees were invited to take part in some of the interactive elements of the event, included to promote networking and the sharing of best practice and information. These events included a 'Speed friending' session, participation in a video booth, a suggestion box and 5 stations asking for reflections and comments on various aspects of the scheme and what it is like to be part of it.



Grace and Bernie from Colin Neighbourhood Partnership

It was stressed that comments made could be anonymous and all participation was voluntary. People were however strongly encouraged to take part as the purpose of the day was to network and share ideas.

Overall the day was a great success, with some very powerful feedback on the scheme itself, lots of useful reflections and the chance to reconnect with others.

A copy of the report prepared about the Networking Day can be obtained from:

Ralston Perera

email: ralston.perera@setrust.hscni.net

Tel: 07525 898 221

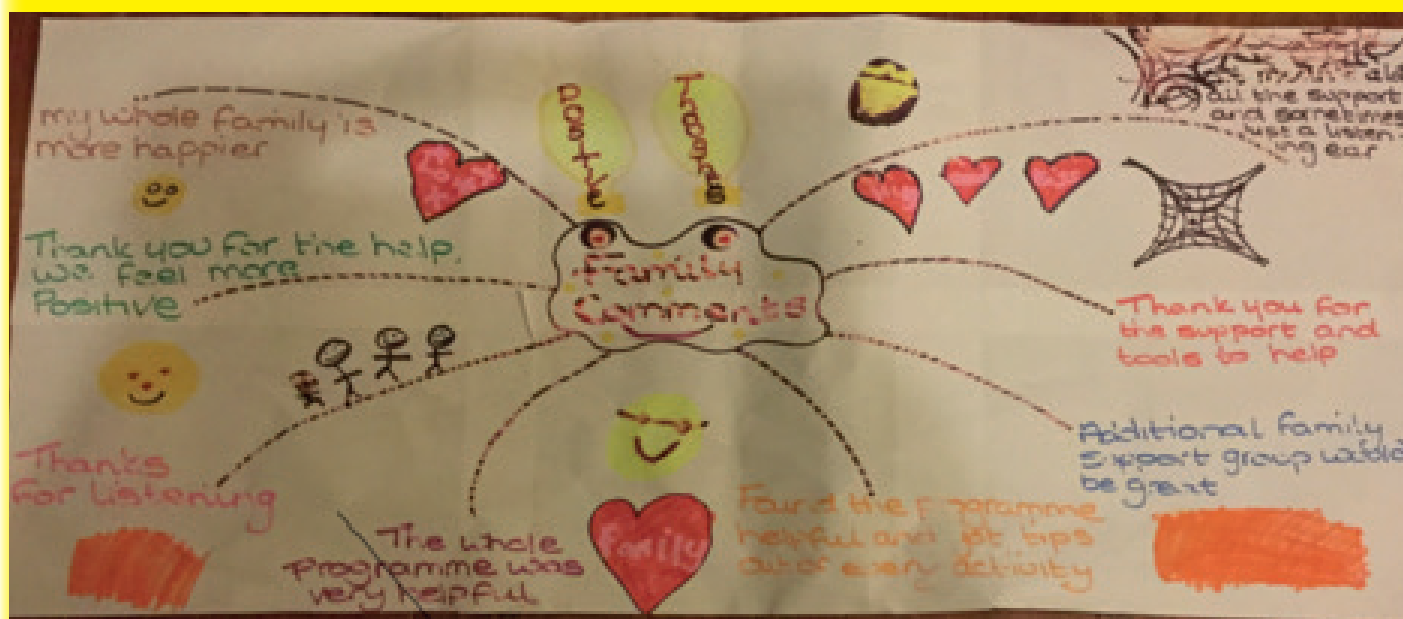
Alternatively, if you just want to know a bit more about the scheme, please get in touch.



Lisa, Sarah, Hannah, Anna and Jade from YMCA



Helen, Mary, Aveen and Samantha from Early Years



Artwork from some of the Children involved in the programme

Signing of Memorandum of Understanding (MOU) in SERC

We at the South Eastern HSC Trust are pleased to be joining in partnership with SERC by signing the Memorandum of Understanding (MOU) to develop the Youth Health Advice Service.



This event took place in March 2017 in Downpatrick SERC with Brendan Whittle, Director of Childrens' Services and Executive Director of Social Work at South Eastern HSC Trust and Ken Webb, SERC Principal and Chief Executive. It would not have been possible without the help of Campus Manager, Paul Walsh and our own Gabrielle O'Neill, Health Development Specialist for Sexual Health.

In today's society we are only too aware of the pressures on our young people with the increase of social media, misuse of alcohol, smoking, unsafe sexual behaviour and low mental health.

This is a great opportunity for our youth to attend a unique, personal, confidential and local facility suited to meet their ongoing medical needs and concerns. With the availability of Youth Health Nurse, Ruth Ewing, the young people can be assured of a professional and caring service with the ability of onward signposting and referral to other agencies.



Signing of Memorandum of Understanding (MOU)



SERC and South Eastern HSC Trust at the signing of Memorandum of Understanding (MOU)

Youth Health Advice Service

Day	SERC Area	Time
Monday	Lisburn	9:30am - 12:30pm
Tuesday	Ards	
Wednesday	Downpatrick	
Friday	Bangor	

For further information please contact:

serchealth@setrust.hscni.net

Mobile: 07753 310 352





www.alcoholandyouni.com

Tel: **0800 2545 123**

The **Alcohol and You** team have been working hard on evaluating, updating and revamping their website at: www.alcoholandyouni.com

We now have some very exciting interactive tools that you can use individually or use with your clients. The audit tool shows you if your alcohol intake may be putting your health at risk and the unit checker educates regarding units and calories.



Check if your alcohol intake is putting your health at risk by visiting:

www.alcoholandyouni.com/audit

and do the short anonymous questionnaire.

If you want to know how many units and calories popular alcoholic beverages contain and how many units you may have consumed on a night out visit:

www.alcoholandyouni.com/hangover

Scroll down the page and click on the red bar to launch our Virtual Bar.

Remember that anyone can create a self-help account online with:

www.alcoholandyouni.com



There is a strong evidence base for the role of self-help as an effective component of intervention.

If anyone wants further face to face intervention there is

easy access to one-to-one support via the clinics or counselling within **Alcohol and You** at: **0800 2545 123**.

You can also refer through the website or intranet under the forms section, click on **Alcohol and You**.



'DON'T MOCK IT TO YA TRY IT'
'MOCKTAIL YOUR WAY TO HEALTH!'

Stay sociable and discover some of our fruit based mocktails to ditch the alcohol or swap it up. Here are some of our favourite recipes:

www.alcoholandyouni.com/mocktails/

For further information contact:
jacqui.henning@setrust.hscni.net

Ards & North Down Area



The Dee Ramblers

Wednesdays @ 10.00am
Meeting @ Children's Play Area/Seafront
Contact: Anne Johnston
Tel: (028) 9188 3509

Ballycrochan Church Walking Group

First Saturday of each month @ 10.00am
Meeting @ Church Car Park
Contact: Brian Hall / Wesley Taylor
Tel: (028) 9127 5477 / (028) 9145 7967

Comber Walking Group

Fridays @ 10.30am
Meeting @ Comber Leisure Centre
Contact: Lorna Tinman
Tel: (028) 9187 8653


Millennium Walkers

Tuesdays @ 10.15am
Meeting @ Bangor Railway Station
Contact: Molly Malcolm
Tel: (028) 9145 4389

U3A Walkers

www.northdownandards.u3a.org.uk
Contact: Ruth Hamilton for details
Tel: (028) 4273 8343

Ballygowan Walking Group

Tuesdays @ 7.30pm
Meeting @ Village Hall
Contact: Sonya McCullough
 Find us on Facebook Ballygowan Walking Group

If you require further information on Walking For Health contact Health Development Department on (028) 9250 1373

Ards & North Down Area



Ards Walkers

Tuesdays @ 10.00am
Meeting @ Old Mill Surgery
Wednesdays @ 10.00am
Meeting @ Ards Leisure Centre
Contact: Jean Miller
Tel: (028) 9181 3842
Yvonne Campbell
Tel: (028) 9181 4988

Ballyhalbert

Thursdays @ 10.00am
Meeting @ Ballyhalbert Park Homes
Contact: Carol Thompson
Tel: (028) 4273 9021

AGenda Walking Group

Every Mondays @ 10.15am (unless otherwise stated on programme)
Meeting @ 24 Hamilton Road, Bangor (unless otherwise stated on programme)
Contact: AGenda
Tel: (028) 9127 1968

Ballywalter Let's Walk & Talk

Mondays @ 10.30am
Meeting @ Ballywalter Village Hall Park
Contact: Sandra Henderson
Tel: 07445 988 814

Donaghadee Methodist Walking Group

Walks vary according to session
Meeting outside the Church
Contact: Helen Johnston
Tel: 07751 795 044

If you require further information on Walking For Health contact Health Development Department on (028) 9250 1373

Rural Lisburn / Lisburn Area



Moira Friendship Group

Various Walks
Meeting @ St Johns Parish Centre
Contact: Alison Bell
Tel: (028) 9261 2119

Drumlough Walking Group

Wednesdays @ 6.30pm (April - September)
Meeting @ Drumlough Community Hall
Contact: Maureen Stanfield
Tel: (028) 9268 3277

Glencare Friendship Group

Wednesdays @ 1.00pm
Meeting @ St Clare's Community Hall
Contact: Margaret Brankin
Tel: (028) 9445 2066

Maze Presbyterian Church Walking Group

Various Walks
Contact: Alastair Peoples
for further details
Tel: (028) 9261 9566

If you require further information on Walking For Health contact Health Development Department on (028) 9250 1373

Rural Lisburn / Lisburn Area



Glenavy Open Door Walking Group

Wednesdays @ 10.00am
(September - May)
Meeting @ Glenavy Parish Church
Contact: Ronnie Purdy
Tel: (028) 9445 2988
07776 152 281

Walking with Brookmount

Wednesdays @ 2.00pm
Meeting @ Low Quarter Orange Hall
Contact: Elizabeth / Vaughan
Tel: (028) 9261 1136

Magheragall Parish Rambling Club

1st Saturday each month @ 12.00 noon
Meeting @ Magheragall Parish Church
Contact: Ian Park
Tel: (028) 9261 1855

ATLAS Walking Group

Tuesdays @ 10.00am
Meeting @ ATLAS, 7 Bachelors Walk
Contact: ATLAS
Tel: (028) 9260 5806

If you require further information on Walking For Health contact Health Development Department on (028) 9250 1373

Colin / Dunmurry Area



Holy Evangelists' Walking Group

Tuesday morning walks
Meeting @ Community Hub
Contact: Shauna Doyle
Tel: (028) 9061 9941

Lively Bunch Senior's Walking Group

Planned walks during good weather
Market trip walks during July
Meeting @ Cloona House
Contact: Mark Magennis
Tel: 07901 902 483

Colin Walking Group

Last Thursday of each month @ 10.00am
Meeting @ Colin Glen Forest Park
Contact: Isobel Flood
Tel: (028) 9062 7863

If you require further information on Walking For Health contact Health Development Department on (028) 9250 1373

Down Area



Lecale Walking Group

Mondays @ 1.30pm
Contact: Bridie Fitzsimmons
Tel: (028) 4461 2311

Castlewellan Walking Group

Wednesdays @ 11.00am
Meeting @ Hillyard House, Castlewellan
Contact: Maeve Gallagher
Tel: (028) 4377 6695

Killyleagh / Crossgar Walking Group

Mondays (April - June / October - December)
Meeting @ 10.15am @ Frederick Street Car Park, Killyleagh
and 10.30am @ Crossgar Square
Contact: Lise Curran
Tel: (028) 4461 2311

If you require further information on Walking For Health contact Health Development Department on (028) 9250 1373



Down Area



Ballynahinch Walking Group

Thursdays (fortnightly) @ 7.00pm
(March - September)
Meeting @ Ballynahinch High School
Lay-by
Contact: Richard Orme
Tel: 07731 576 020

Mid Down Walking Group

Mondays (April - July)
Meeting @ 10.00am @ Ballykinler Cultural
Centre
and @ 10.10am @ Clough Bus Stop
Contact: Heather Holland
Tel: (028) 4461 2311

Newcastle Walking Group

Tuesdays @ 11.00am
Meeting @ Newcastle Centre
Contact: Maeve Gallagher
Tel: (028) 4372 6695

St John's Walking Group

Saturdays & Wednesdays @ am/pm
Meeting @ St John's GAC
Contact: Kevin McGlynn for details
Tel: 07835 960 804

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